

Roasted Garlic



Plan Z Phase: This is a Z2 (ZReduction) Recipe.

This is a super-easy way to roast garlic. Once roasted, garlic no longer tastes hot and pungent. It mellows as it roasts and can even be made into a spread. You could also add some of this roasted garlic to a batch of cooked green beans or asparagus for a nice flavor combo.

Ingredients:

- 1 bulb of regular garlic
- 1 – 2 Tbl of olive oil

Directions:

Just cut off the fuzzy top of the garlic down far enough that you'll be able to see the cut side of most of the cloves nestled in the wrapper. I cut down about an inch from the top. Use a sharp knife or if you slip you might slice yourself.

Get out a square of aluminum foil and place the garlic flat side down on the foil. Drizzle 1 or 2 Tbl of extra virgin olive oil over the cut top and wrap the garlic in the foil like a pouch. I place it in another dish in case any oil oozes out. You don't

want that on the bottom of your oven, burning.

Then roast the garlic about 30 minutes at 400 degrees. And voila. You can check to make sure it's done by poking it with a sharp paring knife. If it slides easily the garlic will be soft to eat. It's ready. Open the foil. You can take it out of the foil or leave it in. Your choice. Let it cool a bit so you don't burn your mouth. Serve it with seed crackers to keep it very low carb. If it's a splurge occasion you can serve this with small slices of French bread.

Enjoy!

Cheers,